

The Asthma Flare-up

When you breathe, air goes in and out of your lungs through tubes called airways. When you have asthma, your airways are sensitive. They may get smaller when you are around things that trigger your asthma like pets, dust, and smoke. This makes it hard for you to breathe. You may cough and make wheezing sounds. This is called a flare-up.

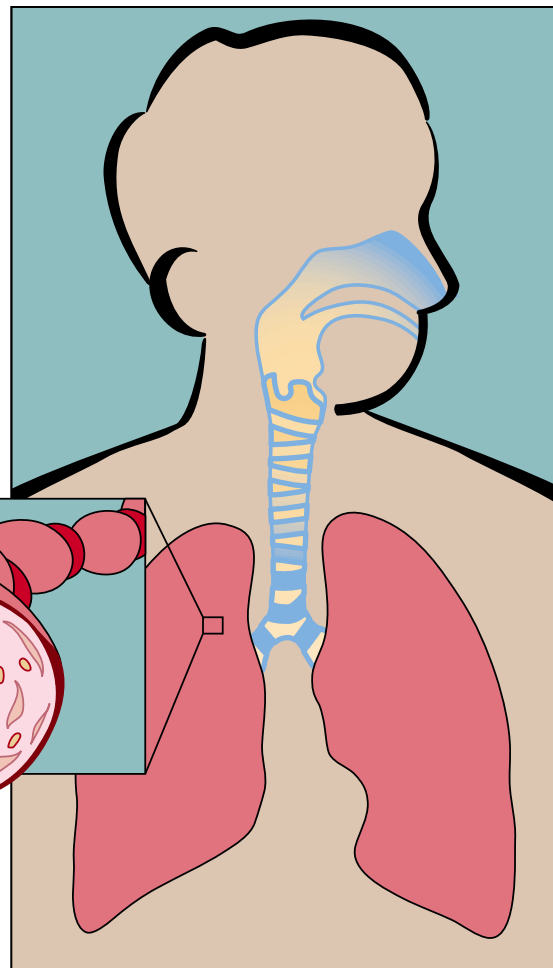
Two Main Things Happen:

1. Muscles tighten around the airways. This makes the airways smaller.
2. The inside of the airways swells and makes extra mucus.

These two changes make it hard to breathe.

What to Do During an Asthma Flare-up

- Take quick-relief medicine.
- Relax. Stay calm and try to breathe slow and deep.
- Get help when you need it. Tell someone if you notice it's getting hard to breathe.



Main Signs of a Flare-up

- Coughing
- Wheezing
- Tight chest
- Shortness of breath
- Waking up at night